

SELF-MANAGEMENT WORKSHEET

There are a number of things you can do to help yourself feel better when you're not at your best.
We suggest you select one activity here that you can start on.
Remember to take it slowly at first and add new things as you begin to feel better.

1. Remain physically active.

Make sure you make time to address your basic physical needs, for example, walking for a certain amount of time each day.



Everyday next week, I will spend at least _____ minutes (make it easy, reasonable) doing:

2. Make time for pleasurable activities.

Even though you may not feel as motivated, or get the same amount of pleasure as you used to, commit to scheduling some fun activity each day maybe a favorite hobby.



Everyday next week, I will spend at least _____ minutes (make it easy, reasonable) doing: _____

3. Spend time with people who can support you.

It's easy to avoid contact with people when you're down or not at your best, but you need the support of friends and family. Explain to them what you are experiencing, if you can. If you can't talk about it, that's okay. Just asking them to be with you, maybe during one of your activities, is a good first step.



During the next week, I will make contact for at least _____ minutes (make it easy, reasonable) with (name) doing/talking about: _____

4. Practice relaxing.

For many people, the changes that come with depression or PTSD can lead to anxiety. Since physical relaxation can lead to mental relaxation, practicing relaxing is another way to help yourself. Try deep breathing, take a warm bath, or just find a quiet, comfortable, peaceful place and say comforting things to yourself (like "It's okay.").



Everyday next week, I will practice physical relaxation at least _____ times, for at least _____ minutes each time (make it easy, reasonable).

5. Simple goals and small steps.

It's easy to feel overwhelmed when you're depressed. Some problems and decisions can be delayed, but others cannot. It can be hard to deal with them when you're feeling sad, have little energy and are not thinking as clearly as usual. Try not to just dwell on your problems, but think of solutions and set solution goals. Try breaking down large problems into smaller ones and then take one small step at a time. Give yourself credit for each step you accomplish.



The problem is: _____
My solution/goal is: _____
Step 1: _____
Step 2: _____
Step 3: _____

6. Eat nutritious, balanced meals and avoid alcohol.

Alcohol is a depressant and can add to feeling down and alone. It can also interfere with the help you may receive from antidepressant medication.



During the next week, I will improve my diet by: _____
(for example, drinking water or soda instead of alcohol).

SLEEP HYGIENE IMPROVEMENT PLAN

Use this worksheet to develop a plan for improving your sleep hygiene.
It will take time for your sleep to get back in line, so once you begin your sleep hygiene plan,
stick with it for at least 6 to 8 weeks.

Check the areas you plan on changing to improve your sleep.

_____ **Avoid Caffeine 6-8 Hours Before Bedtime.**

I will not have caffeine after _____ PM.

_____ **Avoid Nicotine Before Bedtime.**

I will not have a cigarette after _____ PM.

_____ **Limit Alcohol Use.**

I will not have more than _____ drinks in the evening.

_____ **Avoid Use of Sleeping Pills.**

(If you are currently using them regularly, all changes should be medical supervised by your care provider).

_____ **Exercise Regularly, But Not Within 2 Hours of Bedtime.**

I will do _____ for _____ minutes, on the following days _____ each week.

_____ **Ensure your Bedroom is a Comfortable Temperature, Quiet, and Dark and Your Mattress and Pillow are good.**

I will make the following changes to my bedroom

_____ **Take a Hot Bath 1-2 Hours Prior to Bedtime.**

I will take a hot bath about _____ PM.

_____ **Eat a Light Snack at Bedtime but Avoid Large or Problematic Foods.**

I will eat _____ or _____ or _____ before bed.

_____ **Avoid Naps.**

I try not to nap, but if I must, I will limit it to _____ minutes, about 8 hours after I awoke and will use alarm to limit my nap time.

_____ **Limit Time in Bed.**

I have been sleeping on average _____ hours per night, therefore I will limit my time in bed to _____ hours (the same number). If I'm not asleep in about 15 to 20 minutes I will get up and not return to bed until I'm sleepy.

_____ **Stay on a Regular Sleep Schedule**

I will get up at _____ AM, 7 days a week, no matter how poorly I slept that night.

